

Environmental Wellness Checklist

What surrounds you each day in your home, work, or neighborhood can affect your health. Here are some tips to make your environments safer:



AIR QUALITY AND YOUR HEALTH

The combination of high temperatures, few winds and breezes, pollution, and airborne particles can brew up an unhealthy mixture in the air, just waiting to enter your lungs. These substances can make it hard to breathe and can sap your energy. If the air quality is especially poor, it may take a few days for your body to recover. And if you're regularly exposed to high levels of unhealthy air, the health consequences can linger for months or even years.

TO REDUCE THE EFFECTS OF POOR QUALITY AIR ON YOUR HEALTH:

- Avoid outdoor activities in the afternoons on warmer days,** when the risk of air pollution is highest.
- Avoid strenuous outdoor activities if the air is polluted.** Check your region's air quality index, which is often reported in the local news. Orange and red mean it's a bad air day and that children and adults with respiratory diseases should avoid the outdoors. Purple and maroon mean air pollution is extreme and everyone should try to stay inside.
- Consider reducing the time and intensity of your workout,** if you want to exercise outside on days when you're at risk. The best way to reduce exposure to outdoor air is to exercise indoors.